

# CHI St. Alexius Health Turtle Lake

## 2022 Community Health Implementation Strategy

**Adopted February 2022**







**Turtle Lake Hospital**

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# At-a-Glance Summary

<p><b>Community Served</b></p> 	<p>CHI St. Alexius Health Turtle Lake is located in central North Dakota, approximately 60 miles north of Bismarck and 60 miles south of Minot, North Dakota. We serve the people in central and south McLean County along with the people of eastern Sheridan County. The hospital, agricultural, energy production, and recreation provide the economic base of the town of Turtle Lake. It is surrounded by many area lakes and wide-open spaces to enjoy the wonders of nature. The population of Turtle Lake is 575 (2017).</p>		
<p><b>Significant Community Health Needs Being Addressed</b></p> 	<p>The significant community health needs that the hospital is helping to address and form the basis of this document were identified in the hospital’s most recent Community Health Needs Assessment (CHNA). Needs being addressed by strategies and programs are:</p> <table border="1" data-bbox="407 758 1430 951"> <tr> <td data-bbox="407 758 867 951"> <ul style="list-style-type: none"> <li>• Availability of resources to help elderly stay in their home</li> </ul> </td> <td data-bbox="867 758 1430 951"> <ul style="list-style-type: none"> <li>• Not having enough places for exercise and wellness activities</li> <li>• Not having enough child daycare services</li> </ul> </td> </tr> </table>	<ul style="list-style-type: none"> <li>• Availability of resources to help elderly stay in their home</li> </ul>	<ul style="list-style-type: none"> <li>• Not having enough places for exercise and wellness activities</li> <li>• Not having enough child daycare services</li> </ul>
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<p><b>Strategies and Programs to Address Needs</b></p> 	<p>The hospital intends to take actions and to dedicate resources to address these needs, including:</p> <p>Availability of resources to help elderly stay in their home</p> <ul style="list-style-type: none"> <li>○ Investigate existing resources available within the county that provide assistance to the elderly population.</li> <li>○ Become an Advocate to our elderly population by making information about availability of resources either within the county or our own hospital services.</li> <li>○ Investigating QSP services and compile a list of QSP providers within our region to offer respite and adult caregiver services.</li> </ul> <p>Not having enough places for exercise and wellness activities</p> <ul style="list-style-type: none"> <li>○ Work with supporting Hospital Boards to provide activities that encourage wellness and exercise opportunities.</li> <li>○ Work with the Turtle Lake Ambulance. The Ambulance is putting in an exercise facility within their building. We will discuss the options of opening it to the public for exercise and wellness activities.</li> </ul> <p>Not having enough child daycare services</p> <ul style="list-style-type: none"> <li>○ Increase available daycare services for working families.</li> <li>○ Work with the public health, city board, economic development, to look into options for a community daycare</li> </ul>		

<p><b>Area assets and resources potentially available to address needs</b></p>	<p>The Turtle Lake area will partner with the following resources to address areas of need:</p> <ul style="list-style-type: none"> <li>• National Health Service Core</li> <li>• CHI St. Alexius Health at Home</li> <li>• Meals on Wheels</li> <li>• MedicAlert Systems</li> <li>• Veteran Services</li> <li>• Hospital Auxiliary</li> <li>• Turtle Lake Chamber of Progress</li> <li>• Hospital Association Board</li> <li>• Turtle Lake Ambulance Services</li> </ul>
<p><b>Planned Collaboration</b></p> 	<p>The hospital intends to collaborate with a number of private and public community partners on the activities described in this report, including:</p> <ul style="list-style-type: none"> <li>○ Health at Home</li> <li>○ Hospital Association and Auxiliary</li> <li>○ Meals on Wheels</li> <li>○ MedicAlert</li> <li>○ public health</li> <li>○ Turtle Lake Ambulance Service</li> <li>○ Turtle Lake Chamber of Progress</li> <li>○ veteran services</li> </ul>

This document is publicly available online at <https://www.chistalexiushealth.org/community-health-need-assessments>.

Written comments on this report can be submitted to the CHI St. Alexius Health-Turtle Lake, 220 5<sup>th</sup> Ave West, PO Box 280 Turtle Lake, ND 58575.

# Our Hospital and the Community Served

## About CHI St. Alexius Health- Turtle Lake

CHI St. Alexius Health- Turtle Lake is a member of Catholic Health Initiatives, which is a part of CommonSpirit Health.

CHI St. Alexius Health Turtle Lake is a 25 bed hospital and swing bed facility located in Turtle Lake, North Dakota. The hospital is equipped with emergency rooms, physical therapy capabilities, lab, radiology, CT, home care and hospice, and adult day care.

Located in this beautiful, quiet, rural community of ours, we offer safe, worry-free living in a supportive, Christian atmosphere. CHI is proud to offer this important resource as an alternative to nursing homes. This is our hospital with alternative living in our hometown and we would like to see our community and the area communities use it. We give lots of love and excellent care!

CHI St. Alexius Health Turtle Lake provides the following services directly:

- Emergency Room (Trauma V Certified)
- Acute Care
- Physical Therapy
- Dietary Consultations
- Lab
- Digital Radiology
- Home Care and Hospice
- Adult Day Care
- Swing Bed – Long Term Care
- Respite Care
- Ultrasounds
- Bone Densities
- CT Scans
- Nuclear Medicine
- Avera eEmergency Site

## Our Mission

The mission of Catholic Health Initiatives is to nurture the healing ministry of the Church, supported by education and research. Fidelity to the Gospel urges us to emphasize human dignity and social justice as we create healthier communities.

## Financial Assistance for Medically Necessary Care

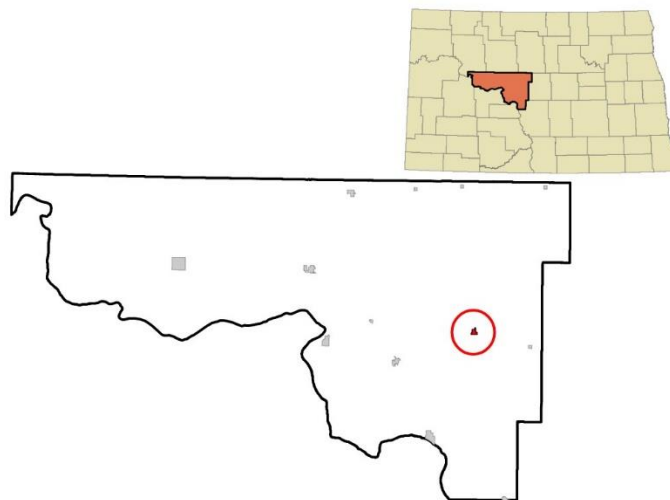
CHI St. Alexius Health- Turtle Lake delivers compassionate, high quality, affordable health care and advocates for members of our community who are poor and disenfranchised. In furtherance of this mission, the hospital provides financial assistance to eligible patients who do not have the capacity to pay for medically necessary health care services, and who otherwise may not be able to receive these services. The financial assistance policy and a plain language summary of the policy are on the hospital's web site.

## Description of the Community Served

CHI St. Alexius Health- Turtle Lake identifies its service area as central McLean, Sheridan, and Oliver counties, serving the Turtle Lake community as well as Washburn, Underwood, Mercer, Butte, McClusky, and Goodrich. A summary description of the community is below. Additional details can be found in the CHNA report online.

Turtle Lake has many businesses located within its community including several retail stores, restaurants, farmer-owned elevator, grocery store, and other valued community assets. Along, with the hospital, agricultural, energy production, and recreation provide the economic base of the town of Turtle Lake. It is surrounded by many area lakes and wide-open spaces to enjoy the wonders of nature. The population of Turtle Lake is 575 (2017). The Turtle Lake-Mercer school system is dedicated to quality education and offers a comprehensive program for students K-12. Other healthcare facilities and services in the area include a Federally Qualified Healthcare Clinic which includes medical, dental, chiropractic, and mental health services.

With regard to demographics, McLean County's population from 2010 to 2019 increased by 5.4%. The average number of residents under age 18 (22%) for McLean County comes in 1.6 percentage points lower than the North Dakota average (23.6%). The percentage of residents ages 65 and older, is 8.5% higher for McLean County (24.2%) than the North Dakota average (15.7%), and the rate of education for McLean County (92.4%) is reflective to the North Dakota average (92.6%). The median household income in McLean County (\$68,529) is higher than the state average for North Dakota (\$64,894).



## Community Assessment and Significant Needs

The hospital engages in multiple activities to conduct its community health improvement planning process. These include, but are not limited to, conducting a Community Health Needs Assessment with community input at least every three years, identifying collaborating community stakeholder organizations, describing anticipated impacts of program activities and measuring program indicators.

### Community Health Needs Assessment

The health issues that form the basis of the hospital's community health implementation strategy and programs were identified in the most recent CHNA report, which was adopted in February of 2022. The CHNA contains several key elements, including:

- Description of the assessed community served by the hospital;
- Description of assessment processes and methods;
- Presentation of data, information and findings, including significant community health needs;
- Community resources potentially available to help address identified needs; and
- Discussion of impacts of actions taken by the hospital since the preceding CHNA.

Additional detail about the needs assessment process and findings can be found in the CHNA report, which is publicly available at <https://www.chistalexiushealth.org> or upon request at the hospital's Healthy Communities or Community Benefit office.

### Significant Health Needs

The community health needs assessment identified the following significant community health needs:

After a review of the data and key informant interviews, a group of community residents met to discuss findings and identify what they perceived as the top community health needs. The overall process is described in detail in the CHNA report.

This resulted in the list of prioritized significant community health needs:

- Attracting and retaining young families
- Availability of resources to help the elderly stay in their homes
- Having enough child daycare services
- Not enough places for exercise and wellness activities

### Significant Needs the Hospital Does Not Intend to Address

Other Needs Identified in the CHNA but Not Addressed in this Plan – Each of the health needs listed below is important and is being addressed by numerous programs and initiatives operated by the Hospital, other organizations within the Hospital system, and other community partners of the Hospital. However, the Hospital will not address the following health needs identified in the CHNA as part of this Implementation Plan.

**Attracting and retaining young families**

Our facility currently offers jobs with livable wages based on prevailing market wages with hopes of attracting young families to our area. CHI St Alexius Health-Turtle Lake also participates in the Dakota Nursing Program which allows student to further their education in the nursing field at local location while maintaining their employment.



## 2022 Implementation Strategy

This section presents strategies and program activities the hospital intends to deliver, fund or collaborate with others to address significant community health needs over the next three years. It summarizes planned activities with statements on anticipated impacts and planned collaboration. Program Digests provide additional detail on select programs.

This report specifies planned activities consistent with the hospital's mission and capabilities. The hospital may amend the plan as circumstances warrant. For instance, changes in significant community health needs or in community assets and resources directed to those needs may merit refocusing the hospital's limited resources to best serve the community.

The anticipated impacts of the hospital's activities on significant health needs are summarized below, and for select program initiatives are stated in Program Digests. Overall, the hospital anticipates that actions taken to address significant health needs will: improve health knowledge, behaviors, and status; increase access to needed and beneficial care; and help create conditions that support good health.

The hospital works to evaluate impact and sets priorities for its community health programs in triennial Community Health Needs Assessments.



## Creating the Implementation Strategy

CHI St. Alexius Health-Turtle Lake is dedicated to improving community health and delivering community benefit with the engagement of its management team, board, clinicians and staff, and in collaboration with community partners.

Although a CHNA and strategic implementation plan are required by hospitals and local public health units considering accreditation, it is important to keep in mind the needs identified, at this point, will be broad community-wide needs along with healthcare system-specific needs. This process is simply a first step to identify needs and determine areas of priority. The second step will be to convene the steering committee, or other community group, to select an agreed upon prioritized need on which to begin working. The strategic planning process will begin with identifying current initiatives, programs, and resources already in place to address the identified community need(s). Additional steps include identifying what is needed and feasible to address (taking community resources into consideration) and what role and responsibility the hospital, clinic, and various community organizations play in developing strategies and implementing specific activities to address the community health need selected.

Community engagement is essential for successfully developing a plan and executing the action steps for addressing one or more of the needs identified.

## Strategy by Health Need

The tables below present strategies and program activities the hospital intends to deliver to help address significant health needs identified in the CHNA report.

They are organized by health need and include statements of the strategies' anticipated impact and any planned collaboration with other organizations in our community.



### Health Need: Availability of resources for elderly to stay in their homes

Strategy or Program Name	Summary Description
Working in conjunction with partners listed	<ul style="list-style-type: none"> <li>• Work in partnership with CHI St. Alexius Health at Home for patients needing medical assistance at home.</li> <li>• Hold a Fall Prevention Program on a yearly basis for the public.</li> </ul>
	<ul style="list-style-type: none"> <li>• Provide information regarding Meals on Wheels, MedicAlert systems, Veteran Services and McLean or Sheridan County provided programs to elderly population.</li> </ul>
	<ul style="list-style-type: none"> <li>• Market the availability of Day Care and Respite services available at CHI St. Alexius Health Turtle Lake for Care-givers needing time away from elderly family.</li> </ul>
	<ul style="list-style-type: none"> <li>• Participate with Hospital Auxiliary during their public programs with guest speakers on issues involving the elderly</li> </ul>

**Anticipated Impact:** They do have the capability to do telehealth visits in their home due to the pandemic. Health at Home came to the medical staff meeting to inform medical providers of the services they provide to keep patients in their homes. With the opening of the RHC clinic in the Turtle Lake Hospital they are beginning to consider implementing chronic care management (CCM) through their RHC.

**Planned Collaboration:** Information will be made available in conjunction with Health at Home, meals on wheels, MedicAlert, public health, and veteran services.



## Health Need: Not having enough places for exercise and wellness activities

Strategy or Program Name	Summary Description
Working in conjunction with partners listed	<ul style="list-style-type: none"> <li>• Make Health Fairs an annual event in conjunction with the Dakota Feeder Calf Show (An annual event that brings surrounding community residents into the area)</li> </ul>
	<ul style="list-style-type: none"> <li>• Offer yearly Wellness Challenges for the general public to participate in and provide educational opportunities in areas of nutrition, exercise, etc. during challenge.</li> </ul>
	<ul style="list-style-type: none"> <li>• Offer Adult Fitness program and make available exercise equipment to the general public for use.</li> </ul>

**Anticipated Impact:** CHI St. Alexius Health Turtle Lake has offered “fitness” challenges with incentives for community members. These challenges are usually offered once or twice a year. With COVID-19, they were unable to do so in 2020 and 2021. CHI St. Alexius Health Turtle Lake did offer a fitness challenge for their employees that went over very well. CHI St. Alexius Health Turtle Lake has also participated in a variety of health fairs.

**Planned Collaboration:** Health fairs and wellness challenges are done in collaboration with Hospital Association and Auxiliary. Turtle Lake Ambulance Service is planning on putting in a fitness center in their planned ambulance bay which will be opened to the public.



## Health Need: Having enough child daycare services


Strategy or Program Name	Summary Description
Working in conjunction with partners listed	<ul style="list-style-type: none"> <li>• Work with supporting Hospital Boards to support any local effort to open a community daycare center.</li> </ul>
	<ul style="list-style-type: none"> <li>• Work with the public health unit to offer safe sitter classes to students in the community to increase available trained babysitters.</li> </ul>

**Anticipated Impact:** With collaborative efforts the community will work towards providing additional services for children. This includes opening additional daycare services which allow parents to have more options in regards to care for their children while they pursue their chosen careers.

**Planned Collaboration:** CHI St. Alexius Health Turtle Lake will work in collaboration with the hospital association and auxiliary boards and the Turtle Lake Chamber of Progress.

## Program Digests

The following pages include Program Digests describing key programs and initiatives that address one or more significant health needs in the most recent CHNA report. The digests include program descriptions and intervention actions, statements of which health needs are being addressed, any planned collaboration, and program goals and measurable objectives.

 <b>CHNA Implementation Plan for Fiscal Year 2018-2021</b>	
Significant Health Needs Addressed	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ability to Recruit and Retain Primary Care Providers</li> <li><input type="checkbox"/> Availability of resources to help elderly stay in their home</li> <li><input type="checkbox"/> Not having enough places for exercise and wellness activities</li> </ul>
Program Description	<p>Need 1: Ability to retain primary care providers and nurses – CHI St Alexius Health Turtle Lake met with the Turtle Lake Community Association (TLCHA) in regards to this matter. The TLCHA maintains the hospital Top Needs Identified 2019 CHNA Process Ability to retain primary care providers (MD, DO, NP, PA) and nurses Availability of resources to help the elderly stay in their homes Not having jobs with livable wages Not having enough places for exercise/ wellness activities Top Needs Identified 2021 CHNA Process Attracting and retaining young families Availability of resources to help the elderly stay in their homes Having enough child daycare services Not enough places for exercise/wellness activities building and grounds so it is important to them to have long lasting providers within the community.</p> <p>Need 2: Ability to keep elderly population in their homes – They do have the capability to do telehealth visits in their home due to the pandemic. Health at Home came to the medical staff meeting to inform medical providers of the services they provide to keep patients in their homes.</p> <p>Need 3: Not enough places for exercise/wellness activities – CHI St. Alexius Health Turtle Lake has offered “fitness” challenges with incentives for community members. These challenges are usually offered once or twice a year. With COVID-19, they were unable to do so in 2020 and 2021.</p>
Community Benefit Category	<p>The community benefit requirement is a long-standing requirement of nonprofit hospitals and is reported in Part I of the hospital’s Form 990. The strategic implementation requirement was added as part of the ACA’s CHNA requirement. It is reported on Part V of the 990. Not-for-profit healthcare organizations demonstrate their commitment to community service through organized and sustainable community benefit programs providing:</p> <ul style="list-style-type: none"> <li>• Free and discounted care to those unable to afford healthcare.</li> <li>• Care to low-income beneficiaries of Medicaid and other indigent care programs.</li> </ul>

	<ul style="list-style-type: none"> <li>• Services designed to improve community health and increase access to healthcare.</li> </ul>
<b>Planned Actions for 2019 - 2021</b>	
<b>Program Goal / Anticipated Impact</b>	<p>Need 1: The TLCHA matched SLRP funds which is a student loan repayment program. In order to qualify for this, the advanced practitioners needed a community match. This assures commitment on the provider's part to remain in the community.</p> <p>Need 2: With the opening of the RHC clinic in the Turtle Lake Hospital they are beginning to consider implementing chronic care management (CCM) through their RHC.</p> <p>Need 3: Due to the pandemic community fitness challenges were not offered. At the request of community members, virtual visits were available to address any health concerns.</p>
<b>Measurable Objective(s) with Indicator(s)</b>	Retaining our current number of providers by the loan repayment program. Being an advocate to our elderly population by making information available of resources within the county and the Turtle Lake hospital. Continue to work with local boards to provide activities that encourage exercise and wellness opportunities.
<b>Intervention Actions for Achieving Goal</b>	Continue to collaborate with all partners to maintain the goals we achieved.
<b>Planned Collaboration</b>	Partners will include: National Health Service Core, ND SLRP Program managers, Hospital Association and Auxiliary Boards, Turtle Lake Chamber of Progress, and community members.

## Hospital Board and Committee Rosters

The Turtle Lake Hospital Association Board served as sponsoring committee for the Community Health Needs Assessment. Their members include:

- Craig Pankow-President
- Joel Johnson-Vice President
- Shawn Schafer
- Beth Anderson
- Emily Sondrol
- Marilyn Saueressig
- Elisha Dockter
- Brian Kramer
- Casey Anderson

